



# Collected Wisdom

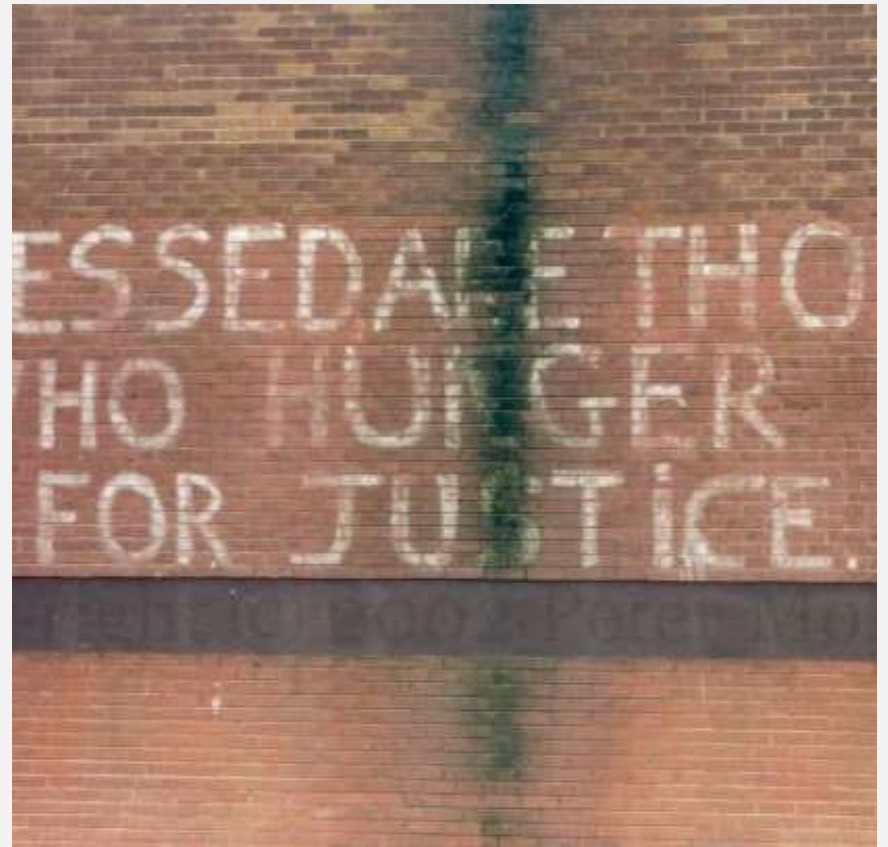
Habitat for All

You can never win the battle with negative feelings. You can live well by moving with your negative feelings in the direction you want to take them.



For those who hunger, give  
bread. For those who have  
bread give them a hunger for  
justice.

Latin American prayer.



A true revolution has to be that of the spirit. You have to be convinced that you need to change and want to change certain things – not just material things. You want a political system which is guided by certain spiritual values – values that are different from those that you've lived by before.

Aung San Suu Kyi, Voice of Hope



Through our flaws the spirit enters.



Rest with loving spirit.  
Learn the ways of the spirit.  
Receive guidance from the  
sacred Interbeing on how to live  
in harmony and balance.



Do unto others as you would want them to do to you.

**Christianity:** In everything, do to others as you would have them do to you; for this is the law and the prophets. (Jesus, Matthew 7:12)



**Zoroastrianism:** Do not do unto others whatever is injurious to yourself. (Shayast-na-Shayast 13.29)



**Judaism:** What is hateful to you, do not do to your neighbour. This is the whole Torah; all the rest is commentary. (Hillel, Talmud, Shabbat 31a)



**Sikhism:** I am a stranger to no one; and no one is a stranger to me. Indeed, I am a friend to all. (Guru Granth Sahib, p. 1299)



**Hinduism:** This is the sum of duty: do not do to others what would cause pain if done to you. (Mahabharata 5:1517)



**Jainism:** One should treat all creatures in the world as one would like to be treated. (Mahavira, Suttrakritanga)



**Islam:** Not one of you truly believes until you wish for others what you wish for yourself. (The Prophet Muhammad, Hadith)



**Buddhism:** Treat not others in ways that you yourself would find hurtful. (Udana-Varga 5.18)



**Taoism:** Regard your neighbour's gain as your own gain, and your neighbour's loss as your own loss. (T'ai Shang Kan Ying P'ien, 213-218)





If you are feeling helpless, help someone. You should never let your fears prevent you from doing what is right.

Aung San Suu Kyi





By living in awareness of the  
mystery, we are complete,  
united, fulfilled.



There is no way to love. Love is the way.



You are here to serve the struggle and pain within the experience. What others think is unimportant.



By living the ordinary you make  
it extraordinary.

Frank Andrew





The mystical is not how the  
world is but that it is.

Ludwig Wittgenstein



Wherever you are is the entry point.

Kabir



Knowing the world is mere information. Knowing yourself is wisdom.

Lama Surya Das





The only true voyage would not be travel through a hundred different lands with the same pair of eyes, but to see the same land through a hundred different pair of eyes.

Proust



Do you have the patience to wait till your mind settles and clears? Can you remain unmoving till the right action arises by itself?

Lao Tzu, Tao Te Ching



Not everything that is faced can be changed, but nothing can be changed until it is faced.

James Baldwin



Don't accept rescue or get angry. Know you are okay. You are strong. You are not helpless.

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It's not the big things that add up in the end; it's the hundreds, thousands, or millions of little things that separate the ordinary from the extraordinary.

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DARREN HARDY

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Our duty is always to plant  
loyally in the field of time,  
planting it with the experience  
of holiness and greatness. And  
what is to become of it? This is  
left up to the field..

Richard Wilhelm  
*I Ching Lectures*





In our era, the road to holiness necessarily passes through the world of action.

Dag Hammrskjold



If we cast ourselves into the sea without any guidance, this is full of danger because we mistake things which arise within ourselves for things arising from elsewhere.

Niffai, Sufi





What we observe is not nature itself, but nature exposed to our method of questioning.

Heisenberg



If we want to solve a problem  
that we have never solved  
before, we must leave the door  
to the unknown ajar.

Richard Feynman



True safety is not the absence of danger but the presence of a spiritual path.





People have not woven the web of life. We are but one thread within it. Whatsoever we do to the web, we do to ourselves. All things are bound together, all things connected.

Chief Seattle



When we no longer can change  
a situation, we are challenged  
to change ourselves.

Viktor Frankl



The less equality in a society,  
the greater your moral  
dilemma.

Aung San Suu Kyi  
*Voice of Hope*



The Buddha had a simple test for measuring wisdom. You are wise to the extent that you can get yourself to do things you don't like doing but know will result in happiness, and to the extent that you refrain from things you like doing but know will result in pain and harm.

Thanissaro Bhikkho





Do to me what is worthy of  
thee and not what is worthy of  
me.

Prayer of Saadi, Sufi



You are lost if you forget that  
the fruits of the Earth belong  
equally to us all, and the Earth  
to nobody.

Jean Jacques Rousseau



Overcome any bitterness that may come because you were not up to the magnitude of pain that was entrusted to you. Like the mother of the Earth who carries the pain of the Earth in her heart, each one of us is part of her heart, and therefore endowed with a certain measure of cosmic pain. You are sharing in the totality of that pain. You are called upon to meet it in joy instead of self-pity.

Pir Vilayat Khan, Sufi



All that is important is this one moment in movement. Make the moment vital and worth living. Do not let it slip away unnoticed and unused.

Martha Graham



The sage lives naturally in a way that contributes to the well-being of the whole because there is no separation from the whole.

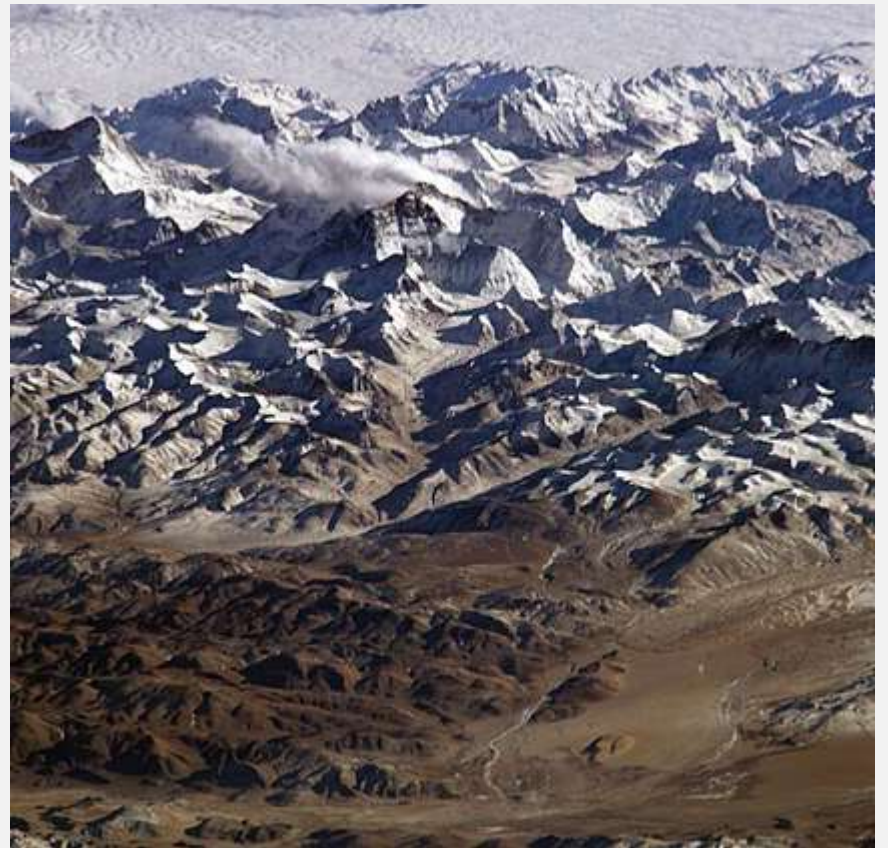
David Loy





Conceive an object as an event,  
a process, and not a thing.

D.T. Suzuki



I learned that it is the weak who are cruel, and that gentleness is to be expected only from the strong.

Leo Rosten

